

JANUARY 2025



# Youville House Newsletter

## WHAT'S INSIDE

Program Highlights

Community Updates

Staff Spotlight:  
Benvindo Depina

PD Support with Dr. Marie  
Saint-Hilaire



Happy New Year!  
2025

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# Program Highlights

**Get fit. Stay Sharp. Age Well.**

## **Celebrate New Year's Day with Nancy Day**

*Wednesday, January 1 at 2:00 PM*

An accomplished pianist, singer, and composer, Nancy Day consistently thrills audiences with her dynamic performances. She draws from a wide-ranging repertoire that includes jazz, country, ragtime, musical theatre, and enchanting love songs.

## **Kids Club with Treehouse Academy**

*Thursday, January 2 at 10:30 AM*

Preschoolers from Cambridge's Treehouse Academy will return for another morning of crafts, games, and if we're lucky, a singing performance!

## **Celebrate Hanukkah with Rabbi Judith Kummer**

*Thursday, January 2 at 3:00 PM*

Join Rabbi Judith Kummer for a joyful celebration of Hanukkah. Rabbi Kummer is a board-certified chaplain and a Boston native who has previously led numerous holiday celebrations at Youville. For 18 years, she served as Executive Director of the Jewish Chaplaincy Council of Massachusetts and has directed several other non-profit organizations. She has served as a congregational rabbi in Washington DC, New Jersey, and New York.

## **Pianist Solon Gordon**

*Tuesday, January 7 & 21 at 2:00 PM*

Solon Gordon specializes in music for strings and piano and finds joy in collaborating with young students, touring professionals, and everything in between. In recent years he has joined cellist Yo-Yo Ma for projects including his "Beginnings" recital and residency in Acadia National Park. Solon also maintains a comprehensive live music calendar for the Boston area at [bostonshows.org](http://bostonshows.org).

## **Richard Travers Music Lecture Series**

### ***The Life & Music of Barbara Streisand***

*Wednesday, January 8 at 2:00 PM*

Barbara Joan "Barbra" Streisand is an American singer, actress, songwriter, producer, and director. With a career spanning over six decades, she has achieved success across multiple fields of entertainment, being among the first performers awarded an Emmy, Grammy, Oscar, and Tony.

## **Modern Contemporary Poetry Series with Stephen Collins**

*Thursday, January 9 & 23 at 2:00 PM*

In this series, Stephen Collins will lead readings and discussions of work by Mary Oliver, Jane Kenyon, Stanley Kunitz, Seamus Heaney, Thomas Lynch, and Billy Collins. All materials will be provided in class.



## **An Afternoon of Music with Pianist MinKyung Oh**

*Friday, January 10 at 2:00 PM*

Classical pianist MinKyung Oh returns to Youville for a virtuosic performance of selections from Tchaikovsky's "The Nutcracker," Rachmaninoff, and Glinka the Lark. Dr. Oh earned her Bachelor of Music and Master of Music with Distinction in Performance from New England Conservatory and a Doctor of Musical Arts from Boston University. Her recordings have been praised by Steve Reich as "a beautiful addition to piano literature."

## **Memoir Writing with Tom Daley**

*Tuesday, January 14 & 28 at 2:30 PM*

Join award-winning poet Tom Daley for a memoir writing workshop. During a typical workshop, participants share and discuss one another's writing, receive feedback from the instructor and go through a series of in-class prompts to help set a scene and stimulate memory and imagination.

## **Celebrate The Life of Audrey Hepburn with Debra Block**

*Wednesday, January 15 at 2:00 PM*

Theatre Director Debra Block will lead a one-hour workshop on one of the greatest screen legends of Hollywood's classical cinema. A celebrated actress and fashion icon, Hepburn starred in a string of Academy award winning movies including Roman Holiday, My Fair Lady, Sabrina, and Breakfast at Tiffany's. This program will survey classic moments from these films and take you behind the scenes into Hepburn's life.

## **Sing Along with Lowell & Friends**

*Saturday, January 18 at 10:30 AM*

Join Lowell and the Youville Quinteteers for the first singalong of 2025!

## **The Amazing Life & Lasting Influence of Martin Luther King Jr. with Donna Halper**

*Monday, January 20 at 3:00 PM*

For most people, Martin Luther King Jr. first became widely known for his "I Have a Dream" speech in August 1963. But long before that, King was already making an impact. So how did this young man, born Michael King in Atlanta, Georgia in 1929, become a leader in the fight for civil rights during the 1950s and 1960s? And why do we still remember him today? In this talk, media historian Donna Halper will look at key moments in King's life, including his time studying in Boston; his important role during the Montgomery Bus Boycott; why he wrote his now-famous "Letter from Birmingham Jail"; the March on Washington and how his "I Have a Dream Speech" came to be; his leadership during the Civil Rights Movement; his assassination in 1968; the campaign to make his birthday a national holiday; and why to this day, he remains one of the most admired figures of his era.

## **Trip: Harvard Art Museums**

*Monday, January 22 at 1:00 PM*

Join the Museum Club for our return trip to the Harvard Art Museums!

## **Programs with Destiny Taylor**

*Harvard Divinity School Intern*



## **Life Story Circle**

*Thursday, January 2 & 30  
at 2:00 PM*

Sharing important life experiences in a community setting is a wonderful way to bond and to expand your perspective. In Life Story Circle, we will share stories with a focus on how they relate to our spiritual growth and our ongoing spiritual journeys.






## **Meditation**

*Mondays & Thursdays  
at 11:00 AM*

Countless studies have confirmed that a regular meditation practice promotes mental and physical well-being. Some of the benefits include lower blood pressure, a decreased rate of respiration and lower blood lactate levels. Meditation is also associated with clearer thinking, improved concentration and increased happiness. Mindfulness meditation involves concentrating on the breath and keeping one's awareness in the present.



# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>Walking Club Monday/Wednesday/Friday 11:00 AM</p>	 <p>PS Salon Tuesday 9:00 AM - 3:00 PM</p>	<p>Happy New Year 9:30 Stretch &amp; Flex 10:45 Catholic Mass 2:00 Celebrate New Year's Day w/ Nancy Day 3:00 Bridge Club 3:30 Happy Hour 7:00 Movie: Bridget Jones' Diary</p>	<p>9:30 Balance Challenge 10:30 Kids Club w/ Tree House Academy 10:45 Catholic Mass 11:00 Meditation w/ Destiny 2:00 Life Stories w/ Destiny 3:00 Celebrate Hanukkah w/ Rabbi Kummer 7:00 Movie: Donovan's Reef</p>	<p>9:30 Stretch &amp; Flex 10:45 Catholic Mass 2:00 Play Reading 3:00 Flower Arranging 7:00 Movie: The Hobbit- An Unexpected Journey</p>	<p>9:00 Confessions 9:30 Forever Fit Yoga Class 2:00 Marquee TV features Romeo &amp; Juliet 3:30 Outreach Project: Make Sandwiches for the Outdoor Church 7:00 Movie: The Whale</p>
<p>5 10:45 Catholic Mass 2:30 British Sitcom: Mr. Bean: Season 1: 9 &amp; 10 3:00 Let's Play Bridge 7:00 Movie: The World's Fastest Indian</p>	<p>6 9:30 Forever Fit Exercise Class 10:30 Crescendo Chorus 10:45 Catholic Mass 11:00 Meditation w/ Destiny 12:45 Shopping Trip: Star Market 1:45 Bingo 3:00 Jeopardy Trivia 7:00 Movie: Silverado</p>	<p>7 9:30 Balance Challenge 10:30 Tai Chi 10:45 Catholic Mass 2:00 Piano Concert w/ Solon 3:15 Craft Connection 4:00 Rosary 7:00 Movie: The Horse Whisperer</p>	<p>8 9:30 Stretch &amp; Flex 10:45 Catholic Mass 11:00 Food Forum 2:00 Music Lecture w/ Richard Travers 3:00 Bridge Club 7:00 Movie: Grumpy Old Men</p>	<p>9 9:30 Balance Challenge 10:45 Catholic Mass 11:00 Meditation w/ Destiny 2:00 Modern Poetry Series w/ Stephen Collins 3:15 Bingo 7:00 Movie: Love is a Many-Splendored Thing</p>	<p>10 9:30 Stretch &amp; Flex 10:45 Catholic Mass 2:00 Pianist MinKyung Oh 3:00 Flower Arranging 7:00 Movie: Fly Me to the Moon</p>	<p>11 9:30 Forever Fit Yoga Class 2:00 Marquee TV features Sleeping Beauty 4:00 Rosary 7:00 Movie: Lost on a Mountain in Maine</p>
<p>12 10:45 Catholic Mass 2:30 British Sitcom: Mr. Bean: Season 1: 11 &amp; 12 3:00 Let's Play Bridge 7:00 Movie: The Six Triple Eight</p>	<p>13 9:30 Forever Fit Exercise Class 10:30 Crescendo Chorus 10:45 Catholic Mass 11:00 Meditation w/ Destiny 12:45 Shopping Trip: Star Market 1:30 PD Conversations 1:45 Bingo 3:00 Programs Planning Mtg. 7:00 Movie: Greenbook</p>	<p>14 9:30 Balance Challenge 10:30 Tai Chi 10:45 Catholic Mass 2:30 Memoir Writing w/ Tom 3:30 Pet Pals 4:00 Rosary 7:00 Movie: Far From the Maddening Crowd</p>	<p>15 9:30 Stretch &amp; Flex 10:45 Catholic Mass 2:00 Celebrate Audrey Hepburn w/ Debra block 3:00 Bridge Club 3:30 Happy Hour 7:00 Movie: Funny Farm</p>	<p>16 9:30 Balance Challenge 11:00 Meditation w/ Destiny 10:45 Catholic Mass 2:00 Resident Council Mtg. 3:15 Bingo 4:00 Rosary 7:00 Movie: Conclave</p>	<p>17 9:30 Stretch &amp; Flex 10:45 Catholic Mass 2:00 Interested in an Afternoon Exercise Class join us! 3:00 Flower Arranging 7:00 Movie: Twisters</p>	<p>18 9:30 Forever Fit Yoga Class 10:30 Sing Along w/ Lowell &amp; Friends 2:00 Marquee TV features Phantom of the Opera 4:00 Rosary 7:00 Movie: The Call of the Wild</p>
<p>19 10:45 Catholic Mass 2:00 Guitarist Gregory Peters 3:00 Let's Play Bridge 7:00 Movie: Here 2024</p>	<p>20 MLK, Jr. Day 9:30 Forever Fit Exercise Class 10:30 Crescendo Chorus 10:45 Catholic Mass 11:00 Meditation w/ Destiny 12:45 Shopping Trip: Trader Joe's 1:45 Bingo 3:00 MLK's Legacy w/ D. Halper 7:00 Movie: The Long Walk Home</p>	<p>21 9:30 Balance Challenge 10:30 Tai Chi 10:45 Catholic Mass 2:00 Piano Concert w/ Solon 3:15 Craft Connection 4:00 Rosary 7:00 Movie: The Help</p>	<p>22 9:30 Stretch &amp; Flex 10:45 Catholic Mass 1:00 Trip: Harvard Art Museum 3:00 Bridge Club 3:30 Happy Hour 7:00 Movie: Phenomenon</p>	<p>23 9:30 Balance Challenge 11:00 Meditation w/ Destiny 10:45 Catholic Mass 2:00 Modern Poetry Series w/ Stephen Collins 3:15 Bingo 7:00 Movie: Death of the Nile</p>	<p>24 9:30 Stretch &amp; Flex 10:45 Catholic Mass 2:00 Pianist Anna Arazi 3:00 Flower Arranging 7:00 Movie: The Age of Adaline</p>	<p>25 9:30 Forever Fit Yoga Class 2:00 Marquee TV features Rusalka 4:00 Rosary 7:00 Movie: Wicked</p>
<p>26 10:45 Catholic Mass 2:30 British Sitcom: Mr. Bean: Season 1: 13 &amp; 14 3:00 Let's Play Bridge 7:00 Movie: Reagan</p>	<p>27 9:30 Forever Fit Exercise Class 10:30 Crescendo Chorus 10:45 Catholic Mass 11:00 Meditation w/ Destiny 12:45 Shopping Trip: Star Market 2:00 Ballroom Dancing 3:00 Bingo 7:00 Movie: Being Julia</p>	<p>28 9:30 Balance Challenge 10:30 Tai Chi 10:45 Catholic Mass 2:30 Memoir Writing w/ Tom 3:30 Pet Pals 4:00 Rosary 7:00 Movie: Alice Through the Looking Glass</p>	<p>29 9:30 Stretch &amp; Flex 10:45 Catholic Mass 2:00 Improv Comedy Hour 3:00 Bridge Club 3:30 Happy Hour 7:00 Movie: The Family Man</p>	<p>30 9:30 Balance Challenge 10:45 Catholic Mass 11:00 Meditation w/ Destiny 2:00 Life Stories w/ Destiny 3:15 Bingo 7:00 Movie: A Chorus Line</p>	<p>31 9:30 Stretch &amp; Flex 10:45 Catholic Mass 2:00 Folk Music w/ Adam 3:00 Flower Arranging 7:00 Movie: Mansfield Park</p>	<p>  <p>Transportation Hours Monday - Friday 8:00 AM- 2:00 PM</p> </p>

## Parkinson's Support



### A Conversation with Dr. Marie Saint-Hilaire

Monday, January 13  
at 1:15 PM

Dr. Marie Saint-Hilaire is a Professor of Neurology at Boston University. She has been named a Top Doctor in Neurology in *Boston Magazine*.

In this conversation, Dr. Saint-Hilaire will address questions that were generated during last month's support group, including: the difference between internal and external tremors; "forced ultrasound" therapy; hallucinations that may arise as a PD symptom or as a medication side effect; Deep Brain Stimulation; intestinal connections with PD; and timing the taking of Sinemet.



### Crescendo Chorus

*Mondays at 10:30 AM*

Join the Youville Crescendo Chorus for a therapeutic singing experience. Crescendo Chorus is led by a Neurologic Music Therapist and is designed to help participants improve breath support, volume, and articulation.

## Staff Spotlight: Benvindo Depina



Six years ago, Benvindo Depina got a call from his former supervisor, Vinnie Rodrigues. "I've got a maintenance associate position that you'd be great for," said Vinnie. "You'll be doing a lot of different things – painting, plumbing, helping residents move, electrical work."

Benvindo had enjoyed a strong working relationship with Vinnie at Boston Medical Center, and the feeling was mutual on Vinnie's end. Although the prospect of learning new skills at a new job was daunting, Benvindo says that the key factor in him accepting the offer at Youville House was Vinnie's confidence.

"He was worried that he didn't have enough experience," remembers Vinnie. "I told him, 'You can do this. We have people here who can train you.' I showed him how to paint and now he's better than I am."

Today, it's hard to imagine a day at Youville House without Benvindo, whose high standards and friendly personality regularly brighten the lives of residents. When asked to share thoughts on Benvindo, resident Rita Watson says, "He's knowledgeable and kind, and he always follows through. Whenever Benvindo tells me he's going to take care of a problem, I know it's going to be resolved."

On a typical day, Benvindo arrives at work before 7:00 AM and prioritizes his projects for the day. He often takes advantage of the early morning hours to tackle building-wide projects like painting, repairs, and renovations. As residents begin to wake up, it's the perfect opportunity to take a break from painting and visit apartments to attend to maintenance requests.

"One of my favorite things about working in maintenance is there's different things to do. It keeps the job interesting," says Benvindo. "If I just spent all day painting, it wouldn't be as rewarding as helping residents."

According to Mary Teixeira, "Benvindo has helped me throughout the six years I have lived here. When I moved apartments, he did every little thing he could think of – helping me hang pictures, changing the drapes. He's also very helpful in the chapel. When he's not vacuuming or taking care of something, he often joins us there. He shares things with us about his family and his children. He's a good family man and we love seeing him in the chapel."

"He can accomplish in three hours what it takes most people six hours

*(continued on page 7)*



## *"Staff Spotlight: Benvindo Depina" continued from page 6*

to do," says Vinnie Rodrigues. "He puts everything into the job and treats this place like his home. Even when he leaves for the day and is walking to his car, he tells me he's already running through the next day's 'master plan' in his mind!"

### ***Home Away from Home***

For Benvindo, interacting with older adults is one of his favorite aspects of working at Youville. "I was raised by my grandparents," he shares. "When I was a baby, my parents moved away for work. I actually grew up calling my grandparents 'mom' and 'dad.' To this day, I still call my real parents by their first names, out of habit." As a teenager, Benvindo recalls enjoying

home maintenance projects and being helpful. "I spent more time helping my grandmother around the house than I did going out with other kids," he remembers. "I think this is why staying busy and being helpful is natural for me."

Benvindo grew up in Cape Verde on the island of Fogo, prominent features of which include an active volcano and arable land. The elevation helps traps moisture and enables residents to be relatively self-sufficient when it comes to growing food. However, the majority of economic opportunities are found in Santiago, a different island on which the capital city of Praia is located (this is where Benvindo's parents moved

when he was a baby). For many Cape Verdeans, New England offers attractive opportunities to support a family.

"I moved to Massachusetts after I had my kids," says Benvindo, "They're 18, 22 and 24 now. My grandmother has also joined us – she is 98 years old!"

This past summer, residents were thrilled to learn that Benvindo had gotten married to a woman he has known since they were both teenagers in Fogo. In his typical industrious fashion, Benvindo constructed a gazebo in his backyard for the event.

## *"Program Highlights" Continued from page 3*

### **Ballroom Dancing with Michael Winward**

***Monday, January 27 at 2:00 PM***

Inspired by the idea that people of all ages and abilities should have opportunities to dance, Michael Winward has led social Ballroom and Latin dance workshops throughout Greater Boston, witnessing firsthand the many benefits that dancing provides for the "Over-55" community. Dance encourages good posture, offers low-impact, cardiovascular exercise and connects people through the skills of leading and following.

### **Folk Songs with Adam Johnson**

***Friday, January 31 at 2:00 PM***

Adam will perform a variety of old folk favorites, including some lesser known tunes. He will provide interesting tidbits about the songs' place in the folk canon and will encourage singing along on the choruses!

### **Bridge Club**

***Sundays & Wednesdays at 3:00 PM***

If it has been a while since you last took a seat at the Bridge table, don't be shy! The Bridge Club welcomes new members and will happily walk you through the rules. Even if you barely remember how to play, your presence is valued. If you have any questions about Bridge Club, please contact Linda Tosi at 617-216-3468.



### **Shopping Trips**

**Star Market**

**Monday, January 6, 13 & 27**

**Time: 12:45 PM**

**Return: 2:00 PM**

**Trader Joe's**

**Monday, January 20**

**Time: 12:45 PM**

**Return: 2:00 PM**

## Upcoming Meetings

### Food Forum

with Ellis Garvin, Director of Dining Services  
Wednesday, January 8 at 11:00 AM

### Programs Planning Meeting

with Katie Blanchard, Director of Programs  
Monday, January 13 at 3:00 PM

### Resident Council Meeting

Thursday, January 16 at 2:00 PM

## Meal Times

Main Dining Room

### Breakfast

7:00 AM - 9:00 AM

### Lunch

First Seating - 11:30 AM

Second Seating - 12:45 PM

### Dinner

First Seating - 4:30 PM

Second Seating - 5:45 PM

## Programs / Menu Hotline...

Hear a recorded list of the daily programs and the menu for lunch and dinner at Youville House. Simply call (857) 253-2024.

## Youville TV: Channel 918

Tune in to channel 918 to view daily program listings, lunch and dinner menus, news bulletins, weather updates, and more.

## Catholic Mass

Monthly schedule posted in lobby

## Car/Van Transportation

Monday through Friday

8:00 AM - 2:00 PM

Please submit your requests for transportation to the Reception Desk forty-eight hours before the date of your appointment. Requests with less than forty-eight hours notice will be accommodated whenever possible, but not guaranteed.

The fee for transportation is \$10.00 for Cambridge and \$20.00 for surrounding communities. As always, we will do our best to meet your needs. If you have any questions, feel free to stop by or call.

*Katie Blanchard, Director of Programs*

## Shopping Requests

Youville offers concierge service for your shopping needs on Mondays and Fridays. Shopping forms are available at the Reception desk. A surcharge of \$5.00 will be charged for requests exceeding five items.

## Youville House Management Team

Susan Cwieka	CEO/President
Bianca Medeiros	COO
Tamarah Berleus	Director of Community Life
Katie Blanchard	Director of Programs
Yanira Burgos	Senior Director of Marketing & Community Relations
Sydney Douglas	Director of Human Resources
Ellis Garvin	Director of Dining Services
Kathleen Kelleher	Director of Mission & Spiritual Care
Vinnie Rodrigues	Director of Environmental Services
Jackie Saraco	Director of Wellness

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